

# AGILE WORKING POSTURE GUIDANCE

Depending on your thinking, Portable Electronic Devices (PEDs) are the blight of our lives or a technological godsend. Love them or loathe them, their presence permeates our existence and we need to be mindful of the risks that prolonged use can bring. Whether answering emails, working on an important spreadsheet, watching a video, updating social media or playing a game, it is very easy to adopt and maintain unsuitable postures for too long. These devices are not suited to sustained use and even a good posture held for too long is unhealthy. The tips on this page and solutions overleaf help to raise your awareness of the key issues and minimise the health impact of going about your tech-enabled mobile lives.

**Unfortunately, much of this advice is about what not to do. The simplest positive guidance is to change your posture as often as possible and stretch in between.**

## HEALTHY PEOPLE



Prolonged use of PEDs in one posture, especially when using only one hand, can cause constant muscle tension in shoulders and elbows. Follow the Neck guidelines.

### Shoulders & Elbows

## HEALTHY THINKING

## HEALTHY WORKPLACE

### Eyes

Look where you are going! YouTube is full of WWT (walking whilst texting) incidents. Don't become a statistic. This is common sense so why do so many of us do it?



### Neck

In use, we tend to keep PEDs low down and close to our body. This flexes the neck unnecessarily. To reduce the load on the neck, raise the device up:

- Onto the table in cafes
- In front of you on trains and planes
- On cushions on your lap at home
- On a stand in the office

If you use a device when lying down, think about neck flexion and extension. Your supported body may lead you to think you have a good posture but, if your neck is bent too far back (lying on your stomach) or forward (lying on your back), you will soon start to feel the pain.



### Back

We may slouch at a work desk but, on soft furnishings at home and when we are out, it is even easier to form an unhealthy 'C' shape with the spine. Guidance about office postures often applies just as well elsewhere. Aim for your spine to be a healthy 'S' shape.



### Fingers & Thumbs

Typing on PEDs creates unhealthy postures and forces for your fingers and thumbs. Avoid this by:

- Keeping email replies and texts short
- Typing with as many fingers as possible using both hands
- Using voice recognition
- Making a phone call instead
- Using a Bluetooth keyboard where practical
- Taking plenty of breaks and changing posture frequently when prolonged typing is unavoidable.



### Hands & Forearms

PEDs vary in size and some are getting bigger. This can make a comfortable grip difficult for single-handed use, especially if you have small hands. Try to choose a device that suits your hand size but also change your grip often and always put the phone down or change hands if it starts to hurt.



### Exercise



Movement is important and there are plenty of simple stretching exercises that can be done when sitting or standing. Remember that no posture is good when sustained for too long. For exercises go to: <https://bit.ly/2LdFfQW>

### At Bed Time

Research indicates that the blue light from screens inhibits melatonin production, impacting sleep quality and with other potentially far-reaching negative effects. Check your device settings or install a suitable filter app to reduce the impact. Better still, avoid using it in bed!



# How do you use your Portable Electronic Devices (PEDs)?

## Here are some product ideas to improve your posture in a variety of situations.

### As a laptop replacement...

If you are migrating your laptop activities to your tablet, the unique **TabletRiser** significantly enhances your posture. The tablet position is angle and height-adjustable and can be used in landscape or portrait mode. The unit closes down into an elegant aluminium carry case accommodating your tablet and choice of Bluetooth mini keyboard. <https://bit.ly/2LySplT>



### Out and about...

There are products that make it easier to grip and hold a PED even for short periods of time. The **G-Hold** allows for a more comfortable hand position and encourages better posture. It is particularly suitable for tablet and phone use. The **G-Hold Micro Suction** uses microscopic holes that stick securely onto smooth surfaces and can be removed easily. The G-Hold Modular Velcro uses powerful Velcro to stick to the surface. <https://bit.ly/2LoWg10>



### As your 'mobile office'...

Today's laptop computers offer all the power and functionality of desktops. The use of built-in keyboards and mice however, forces us into postures that can cause discomfort and pain in the wrists, back, neck and/or shoulders. If you use a laptop in multiple locations, for home and/or for work, you would benefit from a laptop stand kit. The height-adjustable stand, separate mini keyboard and mouse will promote better posture and help manage physical discomfort and pain. <https://bit.ly/2LoMoin>



### As a satnav...

If you need to attach your tablet or smartphone to the windscreen or dashboard of your vehicle securely (but not permanently), the **MagicMount™ XL** offers the perfect combination of quality, adjustability and convenience. Your device can be mounted and removed instantly and the adjustable bracket can be attached in a variety of positions.



### On your desk...

There are many brackets available to attach to existing monitor arms, clamp to desks or simply stand on the work surface. The best solution will depend on your existing layout, how you use the device and your budget. Think about ease of attaching/detaching or mounting/demounting because you will soon stop using it if it takes too long! <https://bit.ly/2NHe6DM>



### For reading or watching films...

The **My Screen At Home Tablet Stand** allows for a healthy posture. It is lightweight for portability, holds your tablet in landscape or portrait viewing mode and the screen angle can be adjusted easily via two rotatable pivots. The device is ideal for reading, watching films, making Skype calls and using FaceTime. <https://bit.ly/2NJAWuj>



### Whatever you do...

A separate Bluetooth mini keyboard will improve your posture wherever you have space to use one. There are many products available and prices (and quality) vary considerably. The **UltraBoard 940** looks good and feels great to use. It also connects to up to five devices. <https://bit.ly/2LE3oR5>



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